



# How to sustain the change

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## 5As Team Learning modules

**Obesity is a chronic condition** that requires lifelong interventions. Weight loss cannot be a goal for obesity management if obesity is a chronic condition. The goal of obesity management should be about continuous balanced health lifestyle and focused sustainable goals.

This session's speaker is Stasia Lucki, a Registered Psychologist with Primary Care & Chronic Disease Management. She has had experience delivering educational presentations to healthcare providers and patients and vast experience working with people of all different age groups.

This module contains:

- A link to the video on how to sustain the change
  - <http://www.youtube.com/watch?v=HGlrHJasBRY>
- A PowerPoint presentation (page 2-17) that covers the following topics:
  - Tips on assessing patient readiness
  - Thoughts to consider before talking about goal setting with patients
  - Slides pertaining to the 4Ms and their association with obesity
- A discussion guide for further reflection (page 18)
- A resource list for additional information (page 19)


  
**Sustain the Change**
  
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 March 13 2014
   
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**Defining Obesity:**

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**Key Principles**



**Obesity is a Chronic Condition**

- Obesity is a chronic and often progressive condition not unlike diabetes or hypertension.
- Successful obesity management requires realistic and sustainable treatment strategies.
- Short-term "quick fix" solutions focusing on maximizing weight loss are generally unsustainable and therefore associated with high rates of weight regain.

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**Obesity is a chronic condition,**

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therefore,
   
 intervention(s)
   
*cannot* focus
   
 on weight loss as a
   
**goal.**

Weight loss must be an
   
**outcome** of
   
 interventions .



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## It's not just about losing weight

**Key Principles**

**Obesity Management is About Improving Health and Well-being, and not Simply Reducing Numbers on the Scale**

- The success of obesity management should be measured in improvements in health and well-being rather than in the amount of weight lost.
- For many patients, even modest reductions in body weight can lead to significant improvements in health and well-being.

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## A balanced lifestyle and the healthiest weight possible



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## Success is individual

**Key Principles**

**Success is different for every individual**

- Patients vary considerably in their readiness and capacity for weight management.
- Success can be defined as better quality of life, greater self-esteem, higher energy levels, improved overall health, prevention of further weight gain, modest (5%) weight loss, or maintenance of the patient's "best" weight.

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### Change:

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I put a dollar in one of those change machines. Nothing changed. George Carlin

Things do not change; we change. Henry David Thoreau

For everything you have missed, you have gained something else, and for everything you gain, you lose something else. Ralph Waldo Emerson

When we are no longer able to change a situation, we are challenged to change ourselves. Victor Frankl

Growth is the only evidence of life. John Henry Newman

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### Patients and the change process:

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### Change

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Change is a process.



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### Transtheoretical model: 5 Stages of Change

1 Pre-contemplation		1. Not even thinking about making any changes.
2 Contemplation		2. Thinking about it (weighing pros & cons)
3 Preparation		3. Preparing to change (getting supplies, planning when & how)
4 Action		4. Doing it
5 Maintenance		5. Solidifying the change.

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### Priorities

Is your healthy lifestyle priority in line with:

- how you spend your time?
- where your effort goes?
- your daily routine?



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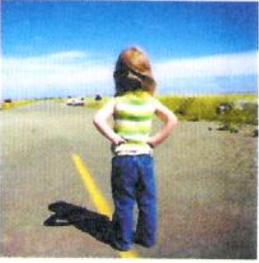
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### Begin

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending"

Maria Robinson



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### Lifestyle Journaling

Helps us learn where we are by tracking our choices and circumstances:

- Time
- Food & Fluid intake
- Activity
- Emotions
- Thoughts
- Circumstances



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### Choose a direction

"If you don't know where you're going, you'll end up someplace else."

Yogi Berra



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### Decision making

Sometimes it is helpful to look at what is on both sides of the fence....

- look at the pros and cons.



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**Choose Change**

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Decision making  
 &  
 Motivation



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**Motivation**

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Motivation is related to personal *choice*.  
 Do **YOU** really *want* to do this?

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**Expect Challenges**

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Challenges are what makes life interesting, overcoming them is what makes life meaningful.  
 Joshua J Marine



Hillary Clinton...  
 "When you face such a...challenge as global climate change, it can be somewhat daunting - it's kind of like trying to lose weight, which I know something about."

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## Identify Comfort Zones



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## Build on Strengths

What are some

- resources
- strengths
- skills
- successful change experiences

you *already have* to draw from?



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## Slips are not failures

"I have learned 10,000 ways to not make a light bulb."  
attributed to Thomas Edison

We learn more from mistakes than successes.



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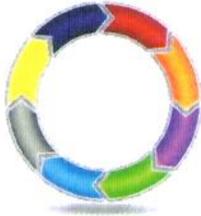
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### Problem solve challenges



1. What is the real problem?
2. Brainstorm – can I eliminate or reduce it?
3. Choose a strategy and try it.
4. Evaluate –how did your strategy work?
5. Choose another problem – define it.

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### Automatic Negative Thoughts: ANTs



Trigger  
Response  
Alternatives  
Plan

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### Thinking and self talk strategies:

Notice

- thought patterns
- automatic negative thoughts (ants)

Challenge

- and replace ants with realistic alternatives

Plan for the future

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## SMART Personal Goals

Is my behavioral goal an enjoyable one?

Can I do it for the rest of my life?



Photo courtesy: National Center for Food Policy and Obesity

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## Get ready, get set...

Trial run and problem solving



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## GO!



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### Make it routine

"Motivation is what gets you started. Habit is what keeps you going."  
Jim Rohn



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### Monitor Choices and Circumstances

Celebrate the *healthy* choices you are making, and notice where you may have challenges.



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### SMART Goals

S  
M  
A  
R  
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Specific  
Measurable  
Achievable  
Rewarding  
Timeframe

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### Maintain Progress: Celebrate & Reward



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### Give it time

"Every mighty oak is just a little nut that held its ground."

Anonymous



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### Review - Keys to Success

- Choose priorities
- Discover patterns
- Make decisions
- Solve problems, trap ANT's
- Build on strengths
- Set goals
- Set routines
- Build in rewards
- Celebrate effort



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### Habits to maintain positive change

Self care:

- Lifestyle monitoring
- Healthy routines and habits
- Physical activity
- Nutrition

Stress and life management:

- Problem solve
- Time management
- Proactively deal with challenges

Use your skills, strategies and resources



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### Some strategies to cope with weight regain:

- Planning: 4ps
- Measuring / monitoring
- Journaling
- Goal setting
- Routine / habit
- Physical activity
- Stress management



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### Lifestyle management

- Planning and prioritizing
- Journaling
- Self care plan: problem solving
- Time management
- Routine: habit
- Thinking skills
- Stress management: Breathing techniques, physical activity, muscle relaxation, meditation, mindfulness, visualization, guided imagery
- Social support, emotional expression, therapy



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Change and the health care professional

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Getting to Action

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- Forge a relationship
- Supplement existing knowledge, create understanding,
- Identify existing skills and strengths
- Help patient conceptualize realistic expectations
- Consider the relevance and importance of possibilities and choices for the patient
- Planning and problem solving
- Support trials of new behaviour
- Foster commitment

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"Patient as person" supports the relationship. The relationship supports:

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- Follow through
- Patient empowerment
- Confidence
- Teamwork
- Engagement
- Trust
- Perception of safety

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### Conversational skills support the relationship:

**Open-ended questions:**

what, how, *never why*

**Affirmations:**

express empathy, understanding

**Reflective listening:**

restate, paraphrase

**Summaries:**

used as transitional elements



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### Maintaining change

- Identify obstacles to action
- Support self efficacy – self confidence – identify and build on existing strengths and skills
- Support problem solving and emotional self regulation



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### Understanding “relapse”



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### Framing relapse:

- Statistics
- Normalizing
- Reference group
- Reframing
- Consider attribution

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### Consider the "relapsed" behavior and its function



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### Activity Consider the "relapsed" eating behavior and its function



**Chaotic:**  
Occasional  
Contextual  
Due to stress,  
disorganization,  
poor time  
management

**Distorted:**  
Periodic  
Unhealthy  
Motivated by  
esthetics

**Diagnosable as  
Eating Disorder**  
Emotionally  
driven  
Compulsive  
overeating

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**Questions:**

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## Discussion guide

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This is a guide for questions and topics to consider after viewing Stasia Lucki's video and slide show on the topic of How to Sustain the Change. These questions can be discussed in a group or on your own.

1. **Please take a moment on your own and consider what are the key messages you took from the speaker today** (tips, messages, tools)?
  - Of those tools and tips – how can you see using these in the next week in your practice?
  - Is there anything you found surprising during the talk?
  - Is there anything learned today that can be implemented into practice?
  - Is there anything you particularly agreed or disagreed with?
  - Is there anything you would like to learn more about on this topic?
  - Do you have your own ideas of how to support patients who have made healthy life changes?
  
2. **Goal Setting**
  - Take a few moments of quiet time to come up with your own goal concerning a change you feel you can implement in your practice.
  - Can you anticipate difficulties with achieving this goal?
  - Are you confident you can reach your goals?

## Resources

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### Tools

- 5As Team Intervention Tools (available through the Canadian Obesity Network):  
[http://www.obesitynetwork.ca/5As Team](http://www.obesitynetwork.ca/5As_Team)):
  - 5As T – Relapse Prevention Tool
  - 5As T – 4Ms Booklet
  - 5As T – Expectations for Weight Loss
  - 5As T – Goal Setting Sheet
  - 5As T – Physical Activity Guide

### Resources

- Canadian Physical Activity Guidelines – Canadian Sedentary Behaviour Guidelines
  - [www.csep.ca/cmfiles/guidelines/csep\\_guidelines\\_handbook.pdf](http://www.csep.ca/cmfiles/guidelines/csep_guidelines_handbook.pdf)